

# Welcome to San Diego, CA





Dear Athletes, Families, and Friends,

It is with great honor that the *Traditional Martial Arts Center* welcomes you to the 2025 US Budo Karate National Championship. This prestigious event brings together karateka from across the United States and Canada, united in the spirit of tradition, discipline, and camaraderie.

The US Budo Karate National Championship offers a unique platform for traditional karate practitioners to test their skills against high-level competitors under the guidance of experienced judges. Open to karateka of all ages, ranks, and affiliations, the tournament upholds the values of inclusivity and respect that lies at the heart of our community.

Highlights of this year's event include Youth and Adult divisions for all ranks, as well as a Judges Seminar led by seasoned international judges, providing invaluable insight and fostering a deeper understanding of traditional karate rules and principles.

We are proud to host an event that celebrates the excellence, integrity, and unwavering spirit of traditional karate. Whether you are here to compete, support, or simply immerse yourself in the experience, we are grateful to have you join us.

Please note that traditional karate rules will be followed in accordance with Sensei Nishiyama's <a href="ITKF Rule Book">ITKF Rule Book</a>. We look forward to an inspiring tournament and wish all participants the best!

With gratitude,



Peer Halperin
Tournament Executive

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Registration Deadline: May 10, 2025

**REGISTER HERE**: https://form.jotform.com/tmacdojosd/us-budo-karate-nationals

### Location

The tournament will be held at **Pacific Highlands Ranch Recreation Center** in San Diego, CA. A beautiful facility, steps away from **The Village** at **Pacific Highlands Ranch**, with over 160,000 square feet of dining and shopping. The facility is conveniently located off Highway CA-56.



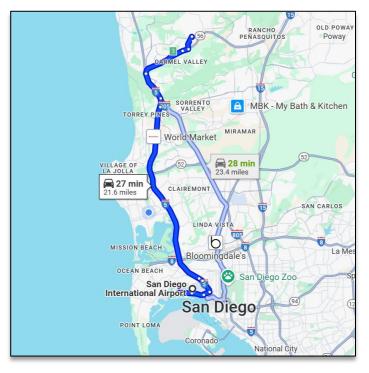


#### **Pacific Highlands Ranch Recreation Center**

5977 Village Center Loop Road, San Diego, CA 92130 >> (858) 538-8184



### **Travel**



The closest airport is **SAN** – <u>San Diego</u>
<u>International Airport</u>, approximately 27
minutes away from the tournament site.
The drive is mostly Interstate Highway
5 North to CA-56 E.

Take exit 3 for Carmel Valley Road and turn left. Then, turn right on Pacific Highlands Ranch Parkway, and the tournament site will be on the right-hand side.





**Lodging** *Priced low to high; all within ~20 minutes of the venue* 

Motel Mediteran (Escondido): 2336 S Escondido Blvd, Escondido, CA 92025

Days Inn by Wyndham (Encinitas): 133 Encinitas Blvd, Encinitas, CA 92024

Ramada by Wyndham (Poway/Miramar): 12448 Poway Rd, Poway, CA 92064

Comfort Inn (San Diego/Miramar): 9350 Kearny Mesa Rd, San Diego, CA 92126

Best Western (San Diego/Miramar): 9310 Kearny Mesa Rd, San Diego, CA 92126

Extended Stay (Sorrento Mesa): 9880 Pacific Heights Blvd, San Diego, CA 92121

Best Western Premier Hotel (Del Mar): 720 Camino Del Mar, Del Mar, CA 92014

Holiday Inn Express (Mira Mesa/San Diego): 9888 Mira Mesa Blvd, San Diego, CA 92131

Holiday Inn Express (Solana Beach/Del Mar): 621 S Hwy 101, Solana Beach, CA 92075

Hyatt House (San Diego/Sorrento Mesa): 10044 Pacific Mesa Blvd, San Diego, CA 92121

Homewood Suites (Downtown/Bayside): 2137 Pacific Hwy Suite B, San Diego, CA 92101

Hilton Garden Inn (Bayside): 2137 Pacific Highway Suite A, San Diego, California, 92101





### Restaurants

Snacks and refreshments will be available to purchase at the tournament site. There are also several food options within 0.3 miles from the venue:

























### **Events**

1) Kata » 2) Team Kata » 3) Enbu » 4) Fukugo » 4) Kumite » 5) Team Kumite

**Individual Kata:** For Youth divisions we will use the "Flag" judging system for all Kata groups (the Competitor with the highest number of flags, between two simultaneous competitors, is the winner). In Round one the Judge will select the Kata to perform, in subsequent rounds the Competitor will choose their own Kata.





For Youth and Seniors, we will use the "Points" Judging System. Competitors will perform individually in the Points Judging System. The highest average scorer will be the winner.

**Team Kata** (3 Person simultaneous performance): Each Team will perform separately. We will use the Points Scoring system. No Application (Bunkai) portion, only Kata.

Individual Kumite – Sho-bu Ippon Kumite: The Kumite competition is made up of matches between two persons free sparring without contact. The match winner is determined when a competitor achieves a scoring technique that meets the Ippon requirement (Todome Waza – Finishing Blow), which combines proper physical execution, correct timing, with effective distance (Ma-ai), in the scoring zone. (2 Half Points – Awase waza, is equal to 1 Ippon). If no Ippon, (or Awase waza) are scored, then the winner will be the Competitor with the highest number of points including points achieved and points awarded for penalty.

Single Elimination, but the system may be substituted if deemed more appropriate.

**Team Kumite** (3 Person): Boys Team Kumite and Girls Team Kumite. Each member of the team will compete a single, 1 and ½ minute round. Each Round is scored the same as individual kumite. The team with the most points after the three rounds is the winner.

**Enbu:** Two Person Team demonstrates offense and defense within the competition area, in given time: 60 seconds, +/- 5 seconds. Judges will use the Point Scoring system to determine the winner.

**Fukugo:** An event that combines Kumite and Kata (using Kitei kata as the competition Kata, unless otherwise specified), and Single Elimination Individual Kumite as the kumite portion. In round One, two competitors compete in Kata, the winners move on to round 2, in which they will compete in kumite, the winners move on to round 3, in which they will compete in Kata. The final round is Kumite to determine overall winners.





### **Groups** / Based on Birth Year, Not Specific Age

YOUTH		
Group A (2018 & Later)	Compete on <b>Sunday</b> , May 25, 2025	
Group B (2016-2017)	Compete on <b>Sunday</b> , May 25, 2025	
Group C (2014-2015)	Compete on <b>Sunday</b> , May 25, 2025	
Group D (2012-2013)	Compete on <b>Sunday</b> , May 25, 2025	

TEEN & ADULT		
Cadets (2010-2011)	Compete on <b>Sunday</b> , May 25, 2025	
Juniors (2008-2009)	Compete on <b>Sunday</b> , May 25, 2025	
Youth (2005-2007)	Compete on <b>Saturday</b> , May 24, 2025	
Adults (1976-2004)	Compete on <b>Saturday</b> , May 24, 2025	
Seniors (1975 & Earlier)	Compete on <b>Saturday</b> , May 24, 2025	

### **Categories**

GROUP A (2018 & LATER)		
8 kyu – 7 kyu	Individual Kata, Jiu-Ippon Kumite	
6 kyu – 4 kyu	Individual Kata, Team Kata, Jiu-Kumite	
3 kyu – 1st dan	Individual Kata, Team Kata, Jiu-Kumite	

GROUP B (2016-2017)		
8 kyu – 7 kyu	Individual Kata, Jiu-Ippon Kumite	
6 kyu – 4 kyu	Individual Kata, Team Kata, Jiu-Kumite	
3 kyu – 1st dan	Individual Kata, Team Kata, Jiu-Kumite	

GROUP C (2014-2015)		
8 kyu – 7 kyu	Individual Kata, Jiu-Ippon Kumite	
6 kyu – 4 kyu	Individual Kata, Team Kata, Jiu-Kumite	
3 kyu – 1st dan	Individual Kata, Team Kata, Jiu-Kumite	





	GROUP D (2012-2013)	
8 kyu – 7 kyu	Individual Kata, Jiu-Ippon Kumite	
6 kyu – 4 kyu	Individual Kata, Team Kata, Jiu-Kumite	
3 kyu – 1st dan	Individual Kata, Team Kata, Jiu-Kumite, Enbu	
	CADETS A (2010-2011)	
3 kyu – dan (Eligible for Worlds)	All Events (1-6) (Jiu-Kumite)	
	CADETS B (2010-2011)	
6 kyu – 4 kyu	Kata, Jiu-Kumite	
	CADETS C (2010-2011)	
8 kyu – 7 kyu	Kata, Jiu-Ippon Kumite	
	JUNIORS A (2008-2009)	
3 kyu – dan (Eligible for Worlds)	All Events (1-6) (Jiu-Kumite)	
	JUNIORS B (2008-2009)	
6 kyu – 4 kyu	Kata, Jiu-Kumite	
	JUNIORS C (2008-2009)	
8 kyu – 7 kyu	Kata, Jiu-Ippon Kumite	
	YOUTH A (2005-2007)	
3 kyu – dan (eligible for Worlds)	All Events (1-6) (Jiu-Kumite)	
	ADULTS A (1076-2004)	
3 kyu – dan	ADULTS A (1976-2004)  All Events (1-6) (Jiu-Kumite)	
-	·	
	ORS A (1975 AND EARLIER)	
3 kyu – dan	All Events (1-6) (Jiu-Kumite)	





YOUTH, ADULTS, & SENIORS B (2007 AND EARLIER, 18 YEARS+)	
8 kyu – 4 kyu	All Events (1-6) (Jiu-Kumite)

### **Applications & Registration**

**Registration Deadline:** May 10, 2025 >> All registrations are to be done online.

**Participation Fee:** \$85 fee per athlete (athlete can participate in all respective categories)

**REGISTER HERE**: <a href="https://form.jotform.com/tmacdojosd/us-budo-karate-nationals">https://form.jotform.com/tmacdojosd/us-budo-karate-nationals</a>

### Schedule

FRIDAY, MAY 23, 2025			
3:30 PM – 6:30 PM	Judging Seminar	Pacific Highlands Ranch Rec Center: 5977 Village Center Loop Road, San Diego, CA 92130	
SATURDAY, MAY 24, 2025			
10 AM – 1 PM	Judging Seminar	Pacific Highlands Ranch Rec Center: 5977 Village Center Loop Road, San Diego, CA 92130	
SATURDAY, MAY 24, 2025			
4 PM – 9 PM	Adult Competition 18 <sup>+</sup> years old	Pacific Highlands Ranch Rec Center: 5977 Village Center Loop Road, San Diego, CA 92130	
SUNDAY, MAY 25, 2025			
9 AM – 5 PM	Youth Competition 17-years old & younger	Pacific Highlands Ranch Rec Center: 5977 Village Center Loop Road, San Diego, CA 92130	

<sup>\*</sup>The Judging Seminar is open to participants aged 15 and older with dan rank and is free of charge for those who serve as judges during the tournament. Additional details will be shared soon.





### Other Things to Do

If your travel arrangements permit, take advantage of the many things that San Diego has to offer, many of which are within a short 20–30-minute drive:

#### San Diego Zoo

Located in Balboa Park, the San Diego Zoo is one of the largest and most renowned zoos in the world. It's home to over 12,000 animals from more than 650 species, including giant pandas, koalas, and polar bears. The zoo features immersive habitats and educational exhibits.

#### **Balboa Park**

A cultural oasis filled with museums, gardens, and theaters. This sprawling park also features Spanish Colonial Revival architecture and walking trails. Highlights include the San Diego Natural History Museum, the Botanical Building, and the Fleet Science Center.

#### **USS Midway Museum**

Explore the historic USS Midway aircraft carrier, now a floating museum at Navy Pier. Visitors can tour the ship's decks, learn about naval aviation, and sit in the cockpit of restored fighter jets.

#### SeaWorld San Diego

A family-friendly marine park offering animal exhibits, thrilling rides, and live shows. Popular attractions include the Orca Encounter, Electric Eel roller coaster, and the chance to interact with dolphins and sea lions.

#### **Coronado Island**

Visit this picturesque island for its charming shops, restaurants, and white sandy beaches. Don't miss the Hotel del Coronado, a historic beachfront resort known for its Victorian architecture.

#### La Jolla Cove

Famous for its stunning coastal views, turquoise waters, and resident sea lions. This area is perfect for kayaking, snorkeling, and exploring tide pools. Nearby, you'll find the Birch Aquarium at Scripps Institution of Oceanography.

#### **Old Town San Diego State Historic Park**





Step back in time and experience the birthplace of California. This historic district features restored adobe buildings, authentic Mexican restaurants, and cultural shops that celebrate San Diego's heritage.

#### **Cabrillo National Monument**

Located at the tip of Point Loma, this monument commemorates Juan Rodríguez Cabrillo, the first European to set foot on the West Coast. The area offers panoramic views of the city, tide pools, and a historic lighthouse.

#### **Gaslamp Quarter**

San Diego's historic downtown district, filled with trendy restaurants, bars, art galleries, and boutique shops. At night, the area transforms into a vibrant hub for nightlife and entertainment.

#### **Torrey Pines State Natural Reserve**

A protected coastal area with dramatic cliffs, hiking trails, and scenic views of the Pacific Ocean. It's also home to the rare Torrey pine trees and a variety of native wildlife.

#### **Mission Beach & Pacific Beach**

These bustling beach neighborhoods are known for their boardwalks, surf spots, and lively atmosphere. Rent bikes, rollerblade along the coast, or enjoy a beachfront meal at one of the many cafes.

#### **Belmont Park**

A classic beachfront amusement park located at Mission Beach. It features the historic Giant Dipper roller coaster, arcade games, and oceanfront dining.

#### Petco Park

Home to the San Diego Padres, this baseball stadium offers tours and stunning views of the city skyline. Even non-baseball fans enjoy its unique architecture and local food vendors.

#### **Sunset Cliffs Natural Park**

A coastal gem known for its rugged cliffs and breathtaking sunset views. It's a perfect spot for photography, picnics, or simply enjoying the ocean breeze.

#### San Diego Safari Park

Located in Escondido, this expansive wildlife park is affiliated with the San Diego Zoo and features safari-style exhibits, where animals roam freely. Visitors can take guided tours or zipline above the enclosures.





#### **Little Italy**

A vibrant neighborhood filled with Italian restaurants, boutique shops, and the weekly Little Italy Mercato Farmers' Market. It's a hotspot for foodies and art enthusiasts.

#### **Del Mar Racetrack**

A historic horse racing venue where visitors can enjoy races, concerts, and events in a scenic seaside setting.

#### **Liberty Station**

A former naval training center turned into a hub for food, art, and culture. It features markets, breweries, art galleries, and historic exhibits.

#### **Whale Watching Tours**

San Diego is a prime spot for whale watching, especially during gray whale migration season (December to April). Many tours depart from San Diego Harbor or Mission Bay.

#### **Carlsbad Flower Fields (Seasonal)**

In spring, this 50-acre field in nearby Carlsbad blooms with vibrant rows of ranunculus flowers, offering a picturesque and colorful experience.

### **Athlete Requirements**

- Traditional white Karate Gi no rolled or cuffed pants or sleeves will be allowed
- No jewelry of any type will be permitted to be worn by athletes (male or female)
- No headgear, footpads, shoes, shin guards, or hard plastic/metal braces
- No eyeglasses or safety glasses permitted during kumite (free sparring)
- Athletes may wear groin protection (men) or chest protection (women)
- Kumite athletes must use competition gloves with padding (~4oz)
- Fingernails and toenails must be trimmed short
- Hair must not impede the vision of the athlete
- Only soft hair accessories will be permitted
- Kumite athletes must have a mouth guard